



UNIVERSITY of  
WORCESTER

## Kit List

University of Worcester  
Lakeside Campus  
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Worcester  
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[www.worcester.ac.uk/lakeside](http://www.worcester.ac.uk/lakeside)

## University of Worcester Lakeside Campus offers a wide range of both land & water-based activities

ALL SPECIALIST EQUIPMENT IS PROVIDED

### **General (Strictly NO Phones, Jewellery or Valuables)**

Medication (inhaler, EpiPen etc.)

Lunch / snacks or money to purchase food (if required)

A Complete Change of Clothes + Shoes & Towel (Hair/body Wash Optional)

Waterproof coat (for rainy weather)

Plastic bag (for wet kit)

### **Land based activities, essentials to bring**

Clothing: trousers (no jeans), t-shirt, jumper, socks, underwear

Shoes MUST always be worn (no wellies, crocs, flip flops sandals, sliders or high heels).

NOTE: You are likely to get dirty

### **Water based activities, essentials to bring**

*(Wet suits, buoyancy aids and helmets ARE provided.*

*If you have your own wet suit you are more than welcome to use it)*

Clothing: trousers (no jeans), t-shirt, jumper, socks, underwear

Suitable footwear: ideally trainers or wet shoes - NO CROCS/WELLIES or SLIDERS!

Swim wear/shorts to wear under wet suit

NOTE: Pack a spare pair of shoes; you are likely to get wet)

### **Residential/Camping, essentials to bring**

Pyjamas/sleep wear, sleeping bag or bedding and pillow **AND** Air Bed/Roll Matt

### ***Optional extras (seasonal):***

Hat, gloves, scarf, ear muffs, sun cream

Extra top layer (fleece, jacket or soft shell)

***Please only bring enough clothing and equipment relevant to the length of your stay***